

# What Parents Can Do If Your Child is a Bully

Here are eight ways you can work with your child

- 1.** Tell your child you are disappointed in the bullying behavior without saying that your child is bad. Discuss in depth the situation that occurred, giving other options for action.
- 2.** Help them understand that no one likes a bully. Explain how bullies develop reputations that can result in a loss of friends and difficulty making new ones; how it might feel to be bullied by others.
- 3.** Teach your child to use words, not fists, to work things out. Find out if your child's school or community organizations have information on conflict resolution.
- 4.** Change family patterns. Think about your own family's style of expressing anger and solving problems which might show in your child's behavior.
- 5.** Do not be afraid of your child's anger. Instead, take charge in a consistent way, helping to control the aggression.
- 6.** Develop responsibility. The child should apologize for causing any hurt and replace any damaged property.
- 7.** Reward your child when he/she expresses anger in more acceptable ways. This is the most important way to change behavior.
- 8.** Believe in your child. Your child can learn to manage frustration and anger.

Adapted with permission from *Caring for Your School-age Child Ages 5-12*, American Academy of Pediatrics, 1995, A Bantam Book.

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